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HALIFAX

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Monday, October 4, 2010
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Mooseheads. Victory



► Mooseheads winger Carl Gelinas celebrates a second-period goal yesterday. Story, page 20.

RYAN TAPLIN/METRO HALIFAX

Herd rout Rocket for first home win

The Mooseheads beat the Prince Edward Island Rocket 6-1 in QMJHL action for their first victory at the Halifax Metro Centre this season. Six different players scored for Halifax in the one-sided win.

Galloway threatens suit

British politician challenges
Canadian minister {page 7}

Terror threat high in Europe?

U.S. warns citizens to be
vigilant while abroad {page 6}

'Potential is huge for serious problems'

► Gambling among post-secondary students part of province's annual Responsible Gambling Awareness Week ► 2007 study shows adults 19 to 24 at greatest risk

There's tuition to pay, books to buy and a stomach to feed. Yet it seems some Nova Scotia university and college students have found another way to spend money.

"More and more young people are gambling," said Nova Scotia Gaming Corporation's Robyn McIsaac. "People under 19 are gambling three times more than adults — even though it's illegal ... That has to translate into the younger age of majority — from 19 to 25-year-olds."

It's for reasons like this one that the corporation's annual Responsible Gambling Awareness Week, which kicked off yesterday, is partially geared toward raising awareness of problem gambling among post-secondary students.

The corporation will visit two local universities this week — Mount Saint Vincent and Dalhousie — for kts2, an interactive problem gambling awareness program put together by the Responsible

"Gambling among young people is huge. They have the highest rates of gambling problems."

KERRY CHAMBERS, LOCAL GAMBLING RESEARCHER

Gaming Council. Highlights include looking at the real chances of winning and losing in gambling, and the signs of when there are problems.

Online games, along with poker and roulette at casinos, are types of gambling students seem to connect with most.

"They're a whole new generation ... they've not only grown up with legal gambling, but video games, electronics and so on," said Kerry Chambers, a gambling researcher in Halifax who works with the Nova Scotia Gaming Foundation.

"The potential is huge for serious problems." ● PHILIP CROUCHER

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Guys don pink for good cause

► About 8,500 people took off from Halifax Common yesterday for Run for the Cure ► Organizers hope to raise \$1 million for breast cancer research

RYAN TAPLIN/METRO HALIFAX



► A participant in the CIBC Run for the Cure shoots some video during the start of yesterday's event.

JENNIFER
TAPLIN
@METRONews.ca

It was easy to see Michael Mailman is a breast man: he wore a giant pillow shaped like a breast during yesterday's Run for the Cure.

"They bid on me to do this today," he said. "Our team raised over \$10,000."

Mailman said he wasn't getting a lot of comments from the other 8,500 participants, just a lot of finger pointing.

And he wasn't the only guy getting into the spirit either: the boy's hockey team from Lockview High School wore pink ribbons in their hair and many sported pink face paint.

"I know a lot of guys on the team who have grand-

mothers, mothers (who have breast cancer)," said Cameron Tucker, a member of the team.

The other runners love to see them, said teammate Nick Watson, and sometimes they get asked for a picture.

"If we had pink jerseys, we'd wear them," Tucker said, pointing to his black team jersey.

Jan Blades ran for sev-

"We're not afraid to wear pink at all."

CAMERON TUCKER, MEMBER OF
LOCKVIEW HIGH SCHOOL BOYS
HOCKEY TEAM

en people she knows — friends and family — who have or had the disease.

"I couldn't not be here," she said.



► Michel Samson

No more days off for prisoners?

Liberal justice critic Michel Samson is calling on the NDP government to "immediately stop" the practice of turning away prisoners on weekends because of overcrowding at the Central Nova Correctional Facility in Burnside.

"Our justice system hands down punishment to these offenders, and instead of enforcing those sentences the NDP tears them up," Samson said in a release issued yesterday.

Sean Kelly, the province's director of correctional services, tells the CBC an estimated 15 inmates are turned away each week but are under house arrest at home.

● METRO HALIFAX

Look who's selling to MLAs

The names of those who sell goods and services to Nova Scotia MLAs are being made public.

For each transaction reimbursed to an MLA, an online report will now include the name of the vendor to go along with other details. ● METRO HALIFAX

1
news



News on the move

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Was George Galoway's entry to Canada victory for free speech or defeat for security? Guidy Mamann explores at metronews.ca/immigration

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Murderer goes back to school

One of the men convicted in the McDonald's murders is going back to school, after the National Parole Board granted his request to attend a vocational training program.

The board has approved a new unescorted temporary absence program for Darren Richard Muise, 36, for rehabilitative purposes, to allow him to take professional courses in a vocational program. The specific details of the course Muise will take have been removed from the copy of the decision sent by the parole board to The Cape Breton Post.

CAPE BRETON POST

Woman finds intruder

There's been another sleep-watching incident in south-end Halifax.

Police say a woman in the 5600 block of Fenwick Street awoke early Saturday morning to find an unidentified person standing in her living room sporting a hoodie that was zipped up over their face.

The person fled immediately when the woman awoke. There were no injuries. ● METRO HALIFAX

Police probing hit-and-run

Police are investigating a hit-and-run outside a party that injured two pedestrians.

The incident occurred after a verbal altercation spilled out onto Somerset Street in Dartmouth early Saturday. Police say someone drove a minivan into a crowd outside, striking pedestrians and causing non life-threatening injuries to two people.

THE CANADIAN PRESS

Fundraisers hit heights at bridge

▶ Thirty people rappel down side of the Macdonald Bridge Dartmouth Tower to raise money for Easter Seals yesterday



JENNIFER TAPLIN
@METRONEWS.CA

Dressed in Kill Bill yellow, Brittany Latreille stopped about half-way down the side of the Macdonald Bridge tower to pull out her plastic sword and wave it around.

She was one of 30 people who rappelled down the bridge tower to the sidewalk for an Easter Seals Nova Scotia fundraiser.

"It was a great view," said fellow participant Kevin Tomlinson. "But it's a little scary when you first go over."

The long climb to the top of the tower was not for the faint of breath, he added.

"I preferred the way up at 1801 Hollis because there was an elevator," said Debby Chipman, who also participated yesterday.

Easter Seals hosts a rappelling event off of 1801 Hollis St. every year, but the bridge event is new.

"This is part of my bucket list and this is a Super Woman thing because ordinary Debby Chipman wouldn't go down the side of a bridge so it gave me an extra oomph."

DEBBY CHIPMAN

Each participant had to raise at least \$3,000 to go for the drop yesterday.

Chipman had no trouble raising the cash.

"They were like, 'If Debby is crazy enough to do that, we'll give it to her.' And people were giving me double what they would normally give me if I was just going for a walk," she said.

Chipman, who dressed up as Super Woman, added she's never going to look at the bridge the same way again.



▶ Brittany Latreille rappels down the Macdonald Bridge during yesterday's Zip Zone fundraiser for Easter Seals Nova Scotia.

Rappel

- ▶ **Event** This was the first charity rappelling event held on the harbour bridges.
- ▶ **Fundraiser** For the past seven years, Easter Seals

has hosted a fundraiser for people to rappel down the 23-storey building at 1801 Hollis St. in September.

- ▶ **Support** The money raised supports programs for Nova Scotian children and adults with disabilities.

Murder suspect makes an attempt for bail

Jason Wayne MacRae is trying for bail.

The 37-year-old Timberlea man is charged with first-degree murder in the death of his wife Paula Gallant, who was found in the trunk of her car — parked outside the Timberlea elementary school where she taught — in December 2005.

Remanded

Jason MacRae has been remanded to the Central Nova Correctional Facility since being charged.

MacRae's defence team made the application for bail last week.

● PHILIP CROUCHER



▶ Jason Wayne MacRae

News in brief

Train crash accident: Cops

DEATH. Police in Cape Breton say a train accident that killed one man appears to be accidental. Police say an autopsy was done Saturday on the man who was run over by the train Friday in Sydney and initial results indicate there was no foul play. Police said the train's engineer indicated the man was down on

the tracks along Kings Road around 6 a.m.

● METRO HALIFAX

Six escape apartment fire

BLAZE. Six adults are homeless after fire extensively damaged an old wood-frame apartment building in downtown Truro. The fire began early Sunday and the residents escaped uninjured wearing just night clothes. The Red Cross arranged emergency accommodation, meals and clothing. **THE CANADIAN PRESS**



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U.S. warns terrorism threat high in Europe

► State Department advises Americans in Europe to be vigilant in public places ► Terror threat high in France and Germany: British Foreign Office

Terror threat

The alert is one step below a formal travel warning advising Americans not to visit Europe.

- U.S. and European security experts have been concerned for days that terrorists may be plotting attacks in Europe with assault weapons on public places.
- U.S. intelligence officials believe Osama bin Laden is behind the terror plots to attack several European cities.
- If true, this would be the most operational role that bin Laden has played in plotting attacks since Sept. 11, 2001.

The Obama administration yesterday warned Americans of potential terrorist threats in Europe and urged them to be vigilant in public places, including tourist spots and transportation hubs.

A State Department

travel alert advises U.S. citizens living or traveling in Europe to take more precautions about their personal security.

"Current information suggests that al-Qaida and affiliated organizations continue to plan terrorist

attacks," it said.

European governments have taken action to guard against a terrorist attack and some have spoken publicly about the heightened threat conditions.

THE ASSOCIATED PRESS

Foreign Affairs

CANADA REACTS TO TERROR THREAT

Foreign Affairs said yesterday it was closely monitoring the security situation in Europe.

The announcement came hours after the United States warned Americans of potential terrorist threats in Europe.

The department said Canadians in Europe should be aware of their surroundings at all times, monitor local news reports, follow the advice of local authorities, and take appropriate steps to ensure their personal security.

It encouraged Canadians to regularly consult the government website for updated information and to register with the Registration of Canadians Abroad service in order to receive the latest advice.

THE CANADIAN PRESS

Brazil. Election



► Presidential candidate Dilma Rousseff stands next to an electronic ballot box after voting during Brazil's general elections in Porto Alegre yesterday.

FELIPE DANA/THE ASSOCIATED PRESS

Female front-runner

Official vote returns indicate Brazil's leading presidential candidate Dilma Rousseff has been forced into a second-round runoff. She is the hand-chosen successor to popular President Luiz Inacio Lula da Silva and has been the election's front-runner.

Notice of Public Meeting on the Heritage Property Act Review

Members of the public are invited to attend a public meeting regarding the review of the *Heritage Property Act*. The Government of Nova Scotia, through the Department of Tourism, Culture and Heritage and Hardy Stevenson and Associates Limited, is conducting a review of the *Act* as part of the recommendations outlined in government's heritage strategy, *A Treasured Past, A Precious Future*.

Public participation is important to this process.
A public meeting will take place at the following venue.

DARTMOUTH

Monday, October 4, 2010, 7:00 p.m. to 10:00 p.m.
Holiday Inn Harbourview, Alderney and Sullivan Ballrooms
101 Wyse Road, Dartmouth

Discussion topics will include the role of government in protecting heritage resources and areas of the *Act* that may require updating. Discussion documents will be distributed at the meeting.

Alternatively, comments can be submitted online, beginning September 27, 2010, by visiting <http://gov.ns.ca/tch/spp>.

FOR MORE INFORMATION:

Toll free telephone: 1-877-267-7794 ext. 225

E-mail: NSHPAR@hardystevenson.com

Website: www.gov.ns.ca/tch under "What's New"



Tourism, Culture and Heritage

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We are reviewing Nova Scotia's Capped Assessment Program and your views are important to us.

The Capped Assessment Program (CAP) limits how much an eligible residential or resource property's assessment can increase in a given year. Annual assessments are used to calculate property taxes.

For more information on the Capped Assessment Program (CAP) and the review, please visit: www.gov.ns.ca/snsmr/muns/cap, or please use the contact information below.

There are several ways to provide your feedback:

In writing:
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1505 Barrington St., P.O. Box 216
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Phone: 902-722-1216 (local calls)
or toll free at 1-877-817-4445

E-mail: MunicipalServices2010CAPReview@gov.ns.ca

Or fill out our on-line survey:
www.gov.ns.ca/snsmr/muns/cap.asp

Please note: the deadline for all submissions is
November 30, 2010.

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AARON VINCENT ELKAIM/THE CANADIAN PRESS



► Former British politician George Galloway is greeted by dozens of placard-waving supporters after clearing Toronto Pearson International Airport's customs Saturday.

Put your dukes up: Galloway to Jason Kenney

- Canada's immigration minister challenged
- Galloway plans 10-city Canadian tour for November

British firebrand politician George Galloway donned a pair of red mittens and clenched his fists yesterday in Toronto, challenging Canada's immigration minister to a high-noon style boxing showdown.

"Jason Kenney, you can run, but you can't hide," Galloway said to cheers from a boisterous crowd of 500 spectators who packed a Toronto church to hear him speak.

The former MP is challenging Jason Kenney to a public debate and said he would be prepared to stand outside the minis-

ter's constituency office in Calgary until he gets one.

In his speech Galloway also said he would make good on his promise to sue Kenney for slandering him in front of the world by branding him a terrorist. Galloway says it caused him "18 months of hell" and threatened his personal security.

Kenney pulled the welcome mat on Galloway in March 2009 because of the former British MP's financial support for the Palestinian group Hamas, which the federal government considers a terrorist

organization.

Galloway was planning to come to Canada for a speaking tour, but decided not to because he thought there was little chance he would be admitted.

The Federal Court of Canada turned down an appeal from Galloway's supporters, but criticized the way the Conservative government dealt with Galloway.

Galloway said he will spend any money he wins from a lawsuit against Kenney toward building an anti-war movement in Canada. **THE CANADIAN PRESS**

TAX TRIBULATIONS

Debate over GST heats up

NDP Leader Jack Layton is turning the tables on the Harper government over taxes, calling on the Tories to remove the GST on home heating as winter approaches.

And Layton is threatening to target Conservative MPs in Ontario and British Columbia in the next election for sup-

porting the unpopular harmonized sales tax that went into effect in July.

The tactic is an ironic twist on Stephen Harper's successful use of the GST issue in his first campaign four years ago, when he rode to victory on the promise to cut the sales tax by two percentage points.

Layton unveiled the ideas in a speech before the party's national council in Ottawa yesterday, drawing enthusiastic cheers from the faithful for his efforts.

THE CANADIAN PRESS

Phantom calls tie up 911 lines

Police in Barrie, Ont., are asking people to make sure cellphones in their pockets don't accidentally dial 911 after officers responded to 15 false calls over a 14-hour period Saturday.

Many were phantom calls that came from unlocked cell phones in people's pockets or purses.

THE CANADIAN PRESS

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Health. Fast food



► A Happy Meal box and toy are shown outside of a McDonald's restaurant in San Francisco.

JEFF CHIU/THE ASSOCIATED PRESS

A healthier Happy Meal?

A proposed San Francisco city ordinance would require McDonald's to either stop putting little toys for kids in those Happy Meal boxes, or otherwise make them healthier by adding fruit and vegetable portions and limiting calories.

Despite gains, economy still slow to recover

► Manufacturing sector expanding, but at slower pace than last month

Stock markets will likely have a tough time extending the strong growth of September into this month after data from the U.S. manufacturing sector reminded investors that the economic recovery remains choppy and job creation remains tentative.

"The overriding theme in the next few weeks might be mild disappointment, since good news

seemed to have been priced in in recent weeks," said BMO's deputy chief economist Doug Porter. "October is usually no treat for investors either. It's usually got its fair share of extreme volatility."

Markets enter October trading with strong gains from September, which has the reputation of the worst trading month of the year. **THE CANADIAN PRESS**

Looking ahead

The Dow Jones industrial average had its best September since 1939 with a gain of 7.7 per cent.

- **Falling index.** But Institute for Supply Management's manufacturing index fell to 54.4 last month from 56.3 in August.
- **Economy.** StatsCan reported the domestic economy shrank by 0.1 per cent in July.

Flavoured tobacco law being flouted: Critics

DAVID COOPER/TORONTO STAR

Tobacco companies are being accused of skirting highly publicized federal legislation — announced by Prime Minister Stephen Harper — designed to keep kids from getting hooked on flavoured cigarettes.

Importers of cigarillos that come in flavours like vanilla, strawberry and peach have changed the size and characteristics of their product in order to get them in the country.

One anti-smoking advocate describes it as a direct reaction to the law and an attempt to circumvent it.

"It's a game of cat and mouse," according to Rob Cunningham of the Canadian Cancer Society.

He's concerned about the impact of the continued sale of the cigarillos which are sold under brand names like Honey T, Prime Time, and Bullseye.

During the 2008 federal election campaign, Harper promised to take action against tobacco marketing



► Importers are attempting to circumvent legislation aimed at preventing youth from buying flavoured cigarettes and individually sold cigarillos, critics charge.

practices that targeted young people. That led to a federal law which received support from all political parties and which came into force at the retail level last July 5.

The law defines little cigars as any product that weighs 1.4 grams or less and uses a cigarette filter. So the cigars are now

slightly heavier and the filters are gone. Extra tobacco now fills in the spot where the filters used to be.

Casa Cubana, a Montreal-based company that imports various brands, maintains its products remain legal because they do not qualify as "little cigars" under the new federal definition. **THE CANADIAN PRESS**

Energy hearings to heat up in Quebec

Environmental hearings begin in Quebec today into the risks of tapping a 5,000-square-kilometre energy source one federal document calls an energy "game changer."

The public hearings could be raucous given that tempers have already flared over Quebec's push to exploit natural gas reservoirs buried under the St. Lawrence River lowlands.

Quebecers concerned about potential

environmental impacts have crammed public information sessions to grill industry leaders.

But government and industry players say the reservoirs are too lucrative to pass up. In just a few years, companies have leased the entire region.

Still, the fledgling industry is growing too fast for its opponents, prompting them to call for a province-wide moratorium on exploration. **THE CANADIAN PRESS**

Market moment

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8. CALVIN KLEIN euphoria men. 1.2 mL Eau de Toilette spray.
9. CALVIN KLEIN euphoria. 1.2 mL Eau de Parfum spray.
10. ESTÉE LAUDER pleasures Bloom.
11. PACO RABANNE 1 Million. 1.2 mL Eau de Toilette spray.
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IT WAS A WEEK OF LEAKS AND BUNGLING

Urban Compass

STEPHEN KIMBER



It has been a crazy roller-coaster of a pin-balling, ping-ponged week for those of us who get our knickers knotted about seemingly esoteric matters like public access to public information and government accountability.

But all's well that ends well ... sort of. Let's start with NDP MLA Howard Epstein's "inadvertent" leak of confidential caucus information indicating municipal and provincial taxpayers would each be asked to pony up \$57 million for a new downtown convention centre.

Rather than discussing the merits of spending that much

public money on this particular project, the conversation quickly derailed over arguments about whether the NDP caucus should punish Epstein for what Infrastructure Renewal Minister Bill Estabrooks called his "unacceptable" behaviour.

Unacceptable? We're not supposed to know — before any decision gets made — how much of our money is to be in play?

Thankfully, the caucus accepted Epstein's "apology."

Better, the next day Premier Darrell Dexter announced his government will now release the actual bid details this week so

everyone can weigh in before any final decision is made.

Dexter insisted that decision had nothing to do with Howard "being Howard" and forcing his hand.

He may be right.

To give the government its due, Estabrooks this spring did force the release of other studies about the viability of the project and has generally been more transparent than his predecessors.

But by waiting too long to do the right thing, Dexter's government lost whatever credit it might have otherwise earned for

the decision.

The same is true of its bungled handling last week of what items should be included in online postings of MLAs' expenses.

Initially, Speaker Charlie Parker claimed that, on the basis of legal advice about privacy concerns, MLA expense postings would not include information about who was selling whatever goods or services MLAs were buying.

Huh? If an MLA is buying from his brother-in-law, we're not supposed to know?

Again, wiser minds prevailed and by the end of the week the Speaker was in full backpedal.

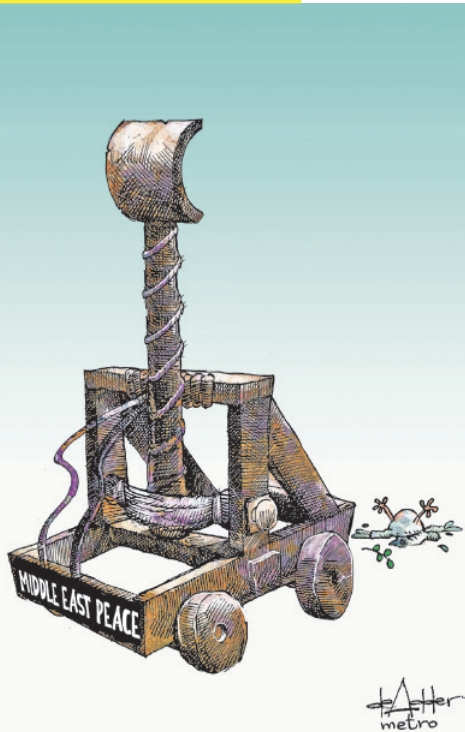
But why was it an issue at all?

For a party so attuned to the public mood in opposition, this government has developed a remarkably tin ear.

"But by waiting too long to do the right thing, Dexter's government lost whatever credit it might have otherwise earned for the decision."

Cartoon

MICHAEL DE ADDER



Interactive injuries

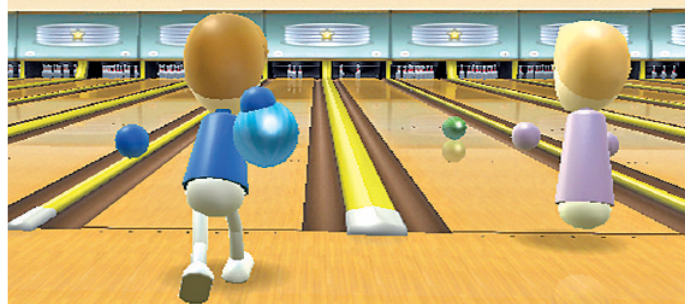
Worth mentioning

Interactive video gamers should exercise some caution to avoid injury to themselves and bystanders, say researchers who have studied U.S. data on a broad range of injuries among traditional and interactive gamers.

Researchers from the Children's Hospital of Philadelphia aimed to determine and define the types of injuries caused as a result of participation in both traditional and interactive video games. The findings were to be presented today at the American Academy of Pediatrics National Conference and Exhibition in

A long way from Pong

TORSTAR NEWS SERVICE FILE



San Francisco.

Researchers found that, when compared with the traditional group of gamers, participants in the interactive group were significantly more likely to injure their shoulder, ankle and foot. The group of interactive gamers was also significantly more likely to sustain a contusion or abrasion,

sprain or strain.

But there were reported problems among those playing traditional games that were notable, too. All 65 seizures, all eight cases of eye pain or visual disturbance and all but one of the 24 reported neck injuries were sustained by those in the traditional group.

THE CANADIAN PRESS

What's your favourite fall activity?

Email
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Metro has the right to edit letters and submissions.

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Metro Minute with David Granirer



People will be laughing out loud for a good cause today at the Dalhousie Arts Centre.

Stand-up comedian, public speaker and counsellor David Granirer is presenting his Stand Up For Mental Health (SMH) show that will also include comics from Halifax. Using the slogan Changing Hearts And Minds One

Laugh A Time, SMH is a course that uses stand-up comedy to break down what it calls the "prejudice, stigma and discrimination that surround mental illness."

There is a matinee show at 12:15 p.m. and an evening performance at 7. Visit artscentre.dal.ca for ticket information.

● METRO HALIFAX



► David Granirer will host Stand Up For Mental Health today at the Dalhousie Arts Centre.

TEDx speakers swing into action

► Community-organized conference brings together ideas for change ► Social leaders – from author to film producer – offer roadmaps for moving things forward around you



JESSICA LEWIS
SCENE@METRONEWS.CA

More than 12 social leaders gathered last Thursday to speak at the second annual community-organized TEDx conference, bringing ideas on leadership, health, charity, politics and passion to one stage.

This year's theme was "A Call to Action," and the underlying message from the speakers was that in order to make any difference in the world, change must start with one person: you. Here are some of their ideas.

Drew Dudley, founder of Nuance Leadership Inc.: Dudley believes we shouldn't try to change the whole world, we just need to change our part of it. "We've made leadership into something bigger than us, something beyond us, we made it about changing the world."

Sol Guy, film producer, K'Naan's manager, and creator of MTV's 4REAL:



► Amanda Sussman of Plan International Canada



► Neil Paricha, author of The Book of Awesome

Guy expressed the importance of people, the planet and profit, but the biggest "P" he pushed was passion.

Amanda Sussman, senior advisor to Plan International, Canada:

Sussman questioned: if you can do one action, how can you make sure that it has a



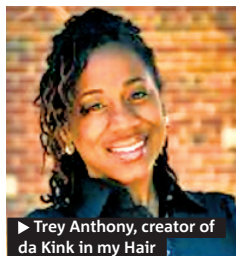
► Drew Dudley of Nuance Leadership Inc.



► Sol Guy, film producer and K'Naan's manager

chance of moving something forward? "I believe change does happen, but it happens in small steps ... If we want [politicians] to truly represent our views, we have to make them known loud and clear."

Trey Anthony, creator and star of GlobalTV's da Kink



► Trey Anthony, creator of da Kink in my Hair



► Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health

in my Hair: Besides doing what you love or quitting the job you hate, she urges you to leave the world in a better place than when you showed up. "Dream beyond your circumstances. Break out of the box that they've put you in, that you've put yourself in."

Three D effect

► Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health (CAMH), delivered a heart-warming speech on mental illness that can be considered in other areas as well. "I want you to discover, discuss and demand," she said.

Neil Pasricha, bestselling author of The Book of Awesome:

Look at things like you are looking at them for the first time, it will bring out new experiences and open your eyes to the good that is already there or could be. "If you live your life with a great attitude, with a sense of awareness of the world around you, embracing your inner three-year-old and being authentic to yourself, letting your heart lead you and putting you in experiences that satisfy you, then I think you'll live a life that is rich and satisfying."

2

scene

Box office

Movie fans are spending some face time with a story about the founders of Facebook. The Social Network, a drama about the quarrelsome creation of the online juggernaut, debuted as the No. 1 weekend film with \$23 million.

THE ASSOCIATED PRESS



The Canadian Opera Company has a new take on Aida. The classic is updated and taken out of Egypt. Scan code to read more.

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R&B singer accused of assaulting mom

R&B singer and former Dancing with the Stars contestant Mario has been charged with assaulting his mother at their Baltimore home.

Officers were called to an apartment building in the Fells Point neighbourhood early Friday, where police say Shawntia Hardaway told officers her 24-year-old son, Mario Barrett, had pushed her.

According to charging documents, Hardaway said her head still hurt after Barrett pushed her into in a



► Mario

wall in a separate instance on Monday and she feared for her life.

Officers found broken glass and a hole in a door in their apartment.

THE ASSOCIATED PRESS

Model Klum quits Victoria's Secret

- No reason given for split with famed lingerie line
- Klum working on own activewear collection

Heidi Klum is hanging up her wings.

The supermodel said Friday that she is ending her work as part of the Victoria's Secret stable of models, dubbed angels, at the age of 37.

Last year, Klum walked the lingerie retailer's runway just five weeks after giving birth.

On Friday, she said, "All good things have to come to an end. I will always love Victoria and never tell her secret."

No reason was given for the split, but Klum said she would focus on other projects.

The Project Runway host is also creating an activewear collection with New Balance, to be sold on Amazon.

THE ASSOCIATED PRESS



► Heidi Klum

Talking points

Who's afraid of the press?

HEADLINE WATCH. Former Grey's Anatomy star Katherine Heigl says she's happy to make headlines, but stories about her in the media are often exaggerated. Heigl's comments in the past have been known to make waves in the entertainment world. She called the comedy Knocked Up, in which she starred, "a little sexist." Later, she refused to seek an Emmy nomination after saying Grey's writers didn't give her enough award-worthy material. Heigl says she doesn't have "any major problem" with what's written about her. But she adds that she tries to keep her perspective so she doesn't believe her own press. The actress was speaking in New York at the world premiere of Life as We Know It, which opens soon. THE ASSOCIATED PRESS

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"★★★★★" - The Independent
"★★★★★" - The Daily Telegraph

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- John Naughton/GG (UK)

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Take fire safety lightly and you'll get burned

► Sparky says: Replace old smoke alarms and never remove batteries!

During Fire Prevention Week, which runs through to Oct. 9, Sparky the Fire Dog teams up with firefighters and school teachers to encourage smart fire safety habits that save lives.

Smoke alarm tampering is at the top of Sparky's "no-no" list. Taking batteries out of a smoke alarm, or remov-

ing it from the ceiling when it goes off because of cooking smoke or shower steam, puts a family at serious risk. Canadian research shows that more than 50 per cent of people who tamper with their smoke alarms forget to later re-install the batteries or the alarm itself. This leaves them without early warning should a

fire break out.

"A smoke alarm doubles your chance of escaping a fire," says Carol Heller, a home safety specialist at Kidde, Canada's leading fire protection company. "If nuisance alarms are a problem, check to see that you have installed the correct type of smoke alarm in each location on every

storey of your home. That way, false alarms can be reduced significantly. And remember to only buy smoke alarms that have a push-button or remote control "hush" feature. This allows you to easily silence a false alarm and still stay safe while the smoke clears."

NEWS CANADA

Replacements

► Sparky's other top fire safety tip is to replace old smoke alarms. Over time, sensors become coated in dust and other airborne particles and sensitivity may be lost. So whether they are battery operated or wired into your home's electrical system, Sparky and the National Fire Protection Association say replace all smoke alarms after 10 years.

3

life

Pets

Get ready for puppy tweets

So your dog follows your every move around the house. Now, when you leave home, you can follow your dog. Puppy Tweets is an electronic dog tag with a sensor that you attach to your dog's collar. It detects your pet's movements and sounds and sends a variety of tweets to a Twitter page you set up for your dog on a computer or smart phone.

THE ASSOCIATED PRESS

Does your family have a fire escape plan?

It's easy to think a fire "will never happen to me." But if it does, will everyone in your family know what to do?

The Canadian Association of Fire Chiefs and its fire education partners Kidde Canada and Duracell will encourage all families to create and practice a fire escape plan as part of the Great Canadian Fire Drill campaign.

Statistics show that most fires start at night, when sleepiness and dark-

"In a fire, seconds count. You install smoke alarms as an early warning system. But the other part of the equation is knowing what to do if they go off."

CAFC PRESIDENT BRUCE BURRELL

ness cause confusion and reduce reaction times. That's when having a plan to escape — that has been

practiced by all family members — becomes critical.

Educational experts have collaborated with the CAFC to compile these fire escape plan tips:

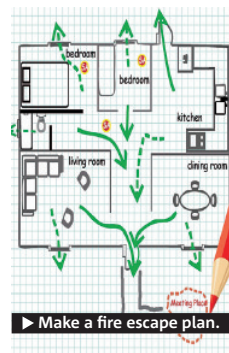
- Draw a floor plan that shows all doors and windows.
- Mark two ways out of each room, if possible.
- Mark the location of all smoke alarms with "SA." There should be one smoke alarm on every storey of your home and

outside sleeping areas. Make sure children recognize the sound of a smoke alarm.

- Test each alarm, replace batteries if necessary. Replace immediately any smoke alarm that is over 10 years old.

- Pick an outside meeting place e.g. "the large tree on the Wilson's front lawn five houses down" and mark it on your plan.
- Practise the escape plan twice each year.

NEWS CANADA



Studies say beetroot juice could help athletes exercise longer. Scan code for more.

Winter Brush Burning: A Step By Step Guide

Before burning brush, please consider your alternatives. Leaves, small twigs and garden clean-up can be placed in your green bin or compost pile while larger twigs and small branches can be bundled and placed at the curb on Green Bin Day. Material can also be chipped or taken to a Construction & Demolition site. For more information visit Halifax.ca/recycle

In addition to the Department of Natural Resources regulations, any Open Air Burning in HRM must also follow all regulations found in HRM's By-Law O-103. If you do live in an area that allows for the burning of brush be sure to obtain all necessary permits and check to ensure that no Burning Bans have been issued. It is always best, if you do burn brush, to do it in the winter.

Why burn brush in the Winter? Traditionally many Nova Scotia

property owners think about cleaning up the yard in the spring but unless we've had a number or large snowfalls over the winter, dead grass and other vegetation in your yard can dry out quickly becoming flammable as early as mid-March.

In fact, the highest number of wildfires occur in April and May, usually the result of grass or brush burning that got out of control.

If you must burn brush, and live in an area where brush burning is not prohibited, you can greatly reduce the risk of a fire spreading by burning brush when there is a blanket of snow on the ground.

Did you know?

Wildfires are four times more likely to occur in the spring months, from mid-March to early May, than at any other time during the year.



1 In the fall gather and pile brush in an open area away from overhanging branches and other combustibles. **2** Cover the brush pile with a tarp. Keep the pile covered until a calm day with a good blanket of snow on the ground, then remove the tarp. **3** Light the base of the pile. Do not use the fire to dispose of household garbage, or used old tires oils or other accelerants. **4** Be sure to follow all regulations in HRM by-law 103 to enjoy a safer, cleaner burn with very little smoke.

Wildfires... Are you prepared?

Many Nova Scotians' homes and possessions are threatened by forest, brush, and grass fires every year. Residents are encouraged to take steps to protect their home and property from wildfire.

Consider using non-combustible or fire resistant materials on the exterior of the home. Keep a fire break of approximately 10 metres from the home which would be clear of any flammable fuels. Space shrubs and trees at least 4.5 m apart and trim

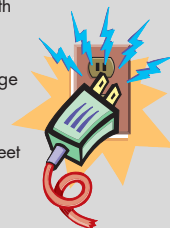
branches on all tall trees to a height of 3 - 4.5 m. to prevent ground fire from spreading to tops of trees.



Fire Safety Tips For Students: Electrical Fire Safety

- Always use a fused power bar for stereos and computers which require protection against electronic surges
- Avoid using extension cords for long-term use
- Keep extension cords in plain view. Prevent them from overheating. Do not tuck them under carpets or behind objects
- If you have a persistent problem with fuses or breakers, advise your landlord or

- building superintendent
- Do not tamper with breakers or replace fuses with ones of a higher amperage
- Portable space heaters must be used at least three feet or one meter from combustibles



Is your home firesmart...?

Every year many families lose their homes and possessions to the ravages of wildfire.



It only takes few moments of time to become aware of the safety measures that can reduce the risk of losing your home to wildfire. Only you can decide if it's worth the effort!

Make Your Yard Work Easier

Reduce your workload by managing fall leaves on site. You can MULCH, MOW or COMPOST on your property.

Excess leaves and yard material will be collected on your regular green cart collection day.

- Place up to 20 bags (clear or orange plastic or heavy paper bags only) next to your green cart - 25 kg (55 lbs) per bag
- Up to 5 bundles of branches. Armload size bundles must be tied - 34 kg (75 lb) max. No single branch may be more than 1.2 m (4 ft) long or 0.2 m (8 in) in diameter.

For more details visit Halifax.ca or call 490-4000



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halifax.ca/fireprevention





Great lawns, green methods

▶ Naturally flawless lawns don't exist naturally ▶ What to do to get a professional look

The trend in so many home projects these days — from growing vegetables to hanging out the laundry — is toward doing it yourself, going green, simplifying. But anyone who wants to take that approach to lawn care had better be ready for research and hard work.

Do you do it yourself, or go

with a pro?

That first summer, it became clear that most of our neighbours employed professionals, who careened around on noisy, air clogging, gas-guzzling power mowers and planted ominous yellow flags warning of herbicide use. Surely, I reasoned, lawn maintenance was not so difficult or important that

we couldn't care for our little lawn without poisoning the entire neighbourhood.

By the next summer, our fragile lawn was sprouting crabgrass and harbouring grubs.

Can you be ecological and effective?

For a few years, our greenish yard was ecologi-

cally sound, though it lacked the professional sheen of the neighbouring lawns. The gardener, who was more of a mower and self-proclaimed non-expert, suspected my no-toxins rule was to blame.

There were some inexpensive, innocuous solutions for weeds, like vinegar or lemon juice; wouldn't it be virtuous to

use those? Here's the problem: Virtue is time consuming and labour intensive. If I stand on my neighbour's beautiful, if toxic, grass and look at mine, I am ashamed of my raggedy lawn. I guess a flawless lawn just doesn't exist naturally, but good practices will minimize the need for chemicals.

THE ASSOCIATED PRESS

LINDSAY COULTER

SEND YOUR QUESTIONS TO
QUEENOFGREEN@METRONEWS.CA

DAVIDSUZUKI.ORG/BLOGS/
QUEEN-OF-GREEN



QUESTION:

My dishwasher recently died. How can I choose an energy-efficient model and then get rid of my old clunker?

David from Calgary, AB

GET INTO A NEW CYCLE OF DISHWASHING

Let's cover the often-overlooked issue of disposal first. Most cities have large-item pick-up or drop-off programs that run throughout the year. Always check your city's website.

You're in Calgary, so I went straight to its website. Calgary has a Throw 'n' Go program with facilities set up at the en-

trance of all three city landfills. They'll accept your appliance for a charge. You may want to inquire about the disposal fee by calling 3-1-1.

When it comes to all types of appliances, look for the Energy Star logo.

Energy Star is an American-based program, but here in Canada, federal law requires that the EnerGuide label be placed on all new electrical appliances manufactured in

or imported into Canada. This label indicates the amount of electricity used by that appliance. When you're looking at display models, find the EnerGuide label to compare the energy use of similar models and estimate annual operating costs.

And last but not least, don't overlook the type of soap you'll be using in your new dishwasher. If you haven't switched to an eco-friendlier option

— one without phosphates or chlorine — now's the time. How will you know it's free of harmful chemicals? Choose a soap that has all the ingredients listed on the label. You'll be surprised at the lack of transparency which will make your decision quite easy.



David
Suzuki
Foundation

The Cormier energy initiative.

"With the program we installed a geothermal heating system, new windows and doors, a digital thermostat and received a rebate for all the upgrades. The savings on our power bill are huge and the house always has a comfortable even heat."

Corrina Cormier, Belmont

With the help of our **EnerGuide for Existing Houses** rebates, Corrina made her home more comfortable, significantly reduced her power bill and environmental impact. For details on the program's suggested energy upgrades and available rebates, visit nspower.ca/energguide

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For October 1st

- 9 Rihanna - Only Girl (In The World)
- 8 Taio Cruz - Dynamite
- 7 Hedley - Hands Up
- 6 Flo Rida ft David Guetta - Club Can't Handle Me
- 5 Adam Lambert - If I Had You
- 4 Down With Webster - Whoa Is Me
- 3 Bruno Mars - Just The Way You Are
- 2 Ke\$ha - Take It Off
- 1 Eminem ft Rihanna - Love The Way You Lie

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Fill up and lose fat

► If you're trying to lose weight, filling up on fibre and low-calorie liquids are key

Low-fat soups especially varieties that are loaded with nutrient-rich vegetables, are an excellent way to go if you're looking to lose fat. They are both filling and low in calories.

Vegetables, besides being loaded with vitamins and minerals, primarily consist of water and fibre, which help to curb hunger.

This cheesy baked lentils, rice and turkey casserole is a heartwarming comfort dish that contains a little bit of all these foods.

Lean, ground turkey and rice are combined with canned lentil soup, which in the twist of a can opener provides protein, fibre and flavour to this dish. The recipe calls for fresh spinach, but sauteed Swiss chard or broccoli could be substituted.

Cheesy Baked Lentils, Rice and Turkey Casserole Preparation:

- 1 Heat oven to 200 C (400 F). Coat a 2-l (8-cup) baking dish with cooking spray.
- 2 In a large skillet over medium-high, heat oil. Add turkey and onion and saute until turkey is no longer pink, about 5 minutes. Add spinach and saute for another minute. Transfer mixture to prepared baking dish.
- 3 Add soup, rice, thyme, salt, pepper and water. Stir to combine. Cover baking dish tightly with foil and bake for 40 minutes or until rice has absorbed all the liquid.
- 4 Uncover and sprinkle with both cheeses. Bake

Cheesy Baked Lentils, Rice and Turkey Casserole Ingredients :

- 5 ml (1 tsp) extra-virgin olive oil
- 250 g (8 oz) turkey breast, cut into bite-size cubes
- 1 small yellow onion, chopped
- 500 ml (2 cups) fresh spinach, packed
- 1 can (540 ml/19 oz) lentil soup
- 175 ml (3/4 cup) converted (parboiled) brown rice
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 50 ml (1/4 cup) water
- 125 ml (1/2 cup) grated reduced-fat Swiss cheese
- 125 ml (1/2 cup) grated extra-sharp cheddar cheese

for another 5 minutes or until cheeses have melted. Makes 4 servings.

THE ASSOCIATED PRESS



► This cheesy baked lentils, rice and turkey casserole takes 1 hour 5 minutes to make, with only 20 minutes active.

Discover the Unexpected

OPEN HOUSE

FRIDAY, OCTOBER 15TH

I came to Open House to see what a typical day was like, and if I could picture myself here. By the end of it, I had a whole new appreciation of everything on campus – courses, extracurriculars, res life. The options are endless. Open House re-affirmed that Dalhousie really was, and is, the right school for me.

Alyson

Alyson Murray – Psychology

Register by October 12 – you could win great prizes!

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Inspiring Minds

Clear message is the key to communication

► Getting the cold shoulder at work? Regroup and try to understand why ► Don't let emotions get in the way



DREW
HINSHAW
LIFE@METRONWS.CA

The harshest blow to your office ego can be the gentle brush aside: the aggravating discovery that your helpful input is bouncing back off cold shoulders and apathetic, nodding heads.

Being sidelined during conferences can boil up rage out of otherwise cool professionals. Which is why career counselors suggest you respond with a pause — and if you're feeling tuned out, tune in on why.

"On some level, everybody wants to be heard, but if that's not happening, you need to understand what's going on," career counselor Lynn Berger advises. "Approach somebody else at the meeting and ask what's happening," she suggests.

"Maybe you're in the wrong regime," adds ExecutiveCoachNY.com counselor Jane Cranston. "If people keep ignoring your input, it may be a clue that you're out."

It could also be a clue that you're hedging your two cents with too much timidity, and too little piz-

"Saying things louder doesn't help, and neither does repeating things a million times. You become a broken record."

JANE CRANSTON

zazz. Voicing suggestions, Cranston points out, is all about the wind-up pitch, that flair for evocative details that turns a routine purchase of payroll software into a landmark moment in corporate history.

"People might not be hearing you because you're not delivering the message right," Berger concurs. If not, try a change of scenery.

"Schedule a time and place," Cranston offers. "Tell your boss, 'I have something to add, I'd like to have five minutes of your time share it.'" Refrain from blame-casting, she adds. "Assume you were the poor communicator," she suggests.

"Say 'Maybe I didn't make myself clear when I was explaining this.'"

Keep your indoor voice to yourself and don't let your frustration steam out into the open. Awkward

air is one way to alienate colleagues, and spoil your rep. When your points are being shrugged away, Cranston says, you must be all the more diplomatic.

If it's a matter of urgency — say you're that lackey on the oil rig who saw the blinking red bulb — substitute volume and repetition for clarity.

"If by them not listening there's a real danger involved, then you confront," Cranston explains. "Tell them, 'It's my job to warn you that this is a problem. If you don't want to hear it, that's one thing, but I'm responsible for telling you.'"

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► If you're being sidelined during meetings, respond with a pause and try to figure out the why.

Electricians make the right connections

► Attitudes about profession have changed over the years ► Good electricians never stop learning



KEITH
CARMAN
LIFE@METRONEWS.CA

When Will Demelo was growing up his parents used to say that if he didn't work hard in school he would end working as a tradesman.

Demelo did work hard in school, but he ended up becoming a skilled trade anyway. Over the years he has watched as attitudes about the multitude of professions that fall under the category "trades" have changed.

"A lot of people are changing their views on trades, especially those like plumbers and electricians."

"It's a great way to make a living, different every day and there will always be a need for electrical workers," says Demelo, who is a skilled electrician. At 44 years-old and with almost half of his life dedicated to the profession —

the last dozen as co-owner of an Oakville-based service and industrial installation company — Demelo would know.

The process of becoming a qualified electrician is pretty straightforward, not to mention financial rewarding. After completing post-secondary training, an apprenticeship and certification, technicians can earn about \$60,000 per year in salary, before overtime is

calculated.

Many prospective candidates still wonder what needs to be done to join the ranks of what are often

public and private colleges — that offer courses online or in-class for duration, topics and ratings, as they vary widely. Courses generally

hours of in-field apprenticeship before testing to attain a Certificate of Qualification.

Applicants must attain 70 per cent or higher on their test in order to enter the workforce. At that point they can choose to either go out on their own or become a member of the International Brotherhood of Electrical Workers (IBEW) union.

Those wishing to start their own business may also get training to become what's called a master electrician. To that extent, Demelo notes that regardless of status, good electricians never stop learning.

"Once you have the basics down, it applies to most facets of this trade but there are always upgrade courses. It's advisable to stay abreast of what's going on in your field."

First and foremost however, he stresses test-driving the profession before giving up months of tuition and testing only to realize it's not for you. Offer up a few Saturdays of free labour or enrol in a co-operative placement before going all-in.

"See if it's for you before committing. This job is great on a sunny day but

Make sure to learn the basics

Running current through copper is only one aspect of electrical work.

Demelo recalls many times where a student electrician has claimed to know rudimentary aspects of hands-on labour with disastrous results: Shattered saws, damaged drills and burned-out drill bits.

"Most of my job is mechanical: drilling, tapping, cutting pipe, dealing with plaster, brick and what-not ... the calculations and actually pulling wires come into play later," he sighs.

"You need these essentials. Take your pre-apprenticeship classes, but learn the basics no matter what."

● METRO

sometimes you're under a machine in a 100 degree factory or on a roof in January and it's 20 below. Don't commit, then realize you're not used to working in the elements."



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run

call wiremen? Demelo has some pretty simple advice.

"Think about what you want to do," he states. "Do you want to specialize and maintain industrial machines when they break down? Do general work on construction sites and homes? Decide on what area you want to work in, then look for a school that you like."

He suggests conducting research on the vast number of facilities — both

anywhere from a few weeks to a number of months.

Once sessions have completed, expect to complete a minimum nine thousand

"People are really starting to understand and appreciate the value of skilled labour."

WILL DEMELO



► Skilled trades are in demand and can earn a healthy salary.

INCREDIBLE PEOPLE AND INSPIRING CAREERS

TurningPoint

**TERESA
KRUZE**
LIFE@METRONEWS.CA



"Can you do a post game report from the Calgary Flames' locker room?" The call from TSN that I had

been dreading had finally arrived. It was time to deliver — or move on.

My hands began to shake after the game and as I walked into the locker room I was in full blown panic mode. Only daring to look at the red rug on the

floor, I followed my cameraman to the scrum.

Quickly looking up, I did the interview plus three others in the room and then ran out of there and filed my story. The year was 1986 and one month later TSN offered me a contract making me one of Canada's first female sportscasters. It was a huge turning point in my life. Over the years I have become fascinated by people that have succeeded in life despite facing huge odds. I like the stories of the nurse who became CEO of one of the world's best hospitals or the man

Kruze control

When looking for inspiration in life, Teresa Kruze thinks about these sayings:

• Never sit in the rocking chair of life and say, "I

wish I would have."

• Don't be afraid to fail or take risks. At least you can say you tried.
• Don't be so hard on yourself — you don't have to be perfect.
• Get out there and do it.

Learn more at turningpointmedia.ca

that was fired and became a multi millionaire after starting his own company.

As we recover from one of the worst recessions in decades, we need to inspire one another to go after our goals no matter how out of reach they may seem.

In the coming months, I will be writing about incredible people who have looked past their doubts and insecurities and have gone on to achieve success. It'll be your Monday morning dose of inspiration.

coming soon

In the coming months TurningPoint will feature:

- A Vancouver man that stopped for a hamburger and left with an idea for a billion-dollar company.
- A lawyer that walked away from his practice to become an author and one of the world's most successful leadership advisors.
- Three mothers who were turned down by all the banks finally found a way to open their successful children's bookstore.
- A model who is now inspiring woman and girls of all sizes to redefine their image of beauty.

Learn to break bad habits

► Parents and kids should not be afraid to ask for help ► Move fast to identify problems

Now that the school year is well underway, students — and parents — are settling back into the school groove.

Unfortunately, some students can also find themselves settling back into bad habits from previous years.

"It's important to start the new school year off on the right foot," said Dr. Nick Whitehead, founder and CEO of Oxford Learning. "The habits that students develop in the early weeks can stick with them for the entire year."

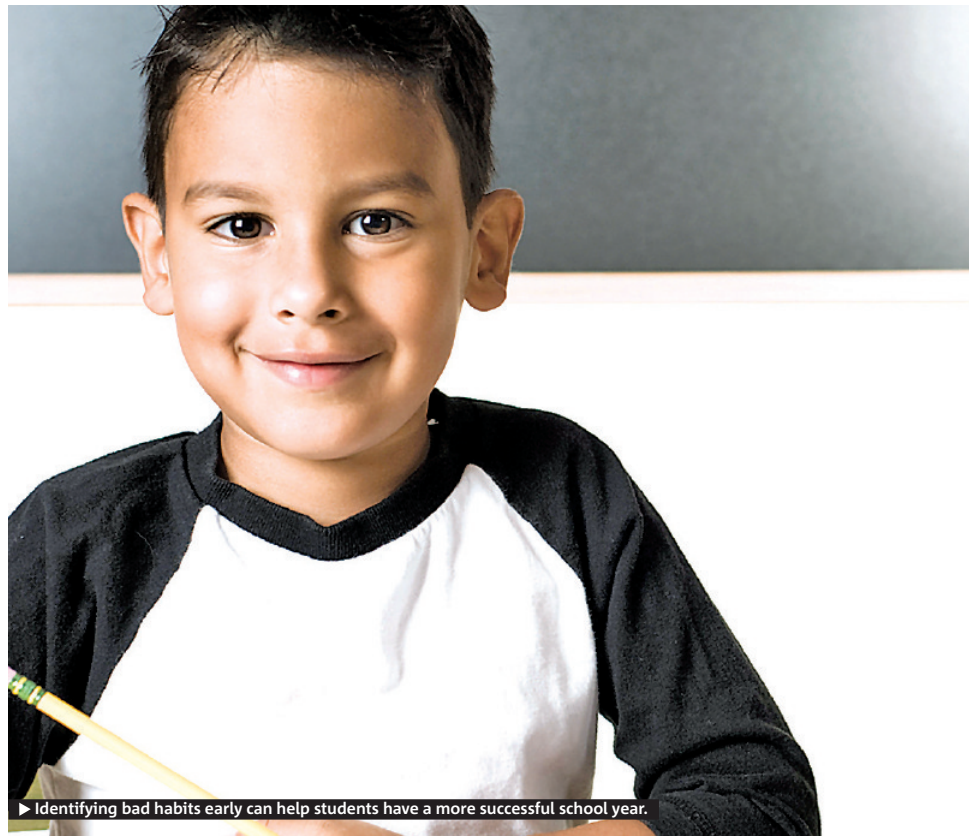
According to Dr. Whitehead, the sooner that students make good school habits part of their daily routine, the more likely that they will keep these habits for the entire school year. The trick, he says, is to implement good school habits as soon as possible, or else bad habits can sneak back.

So how do parents and students implement good school habits for the entire school year?

Dr. Whitehead recommends that parents take out last year's final report card and review the teacher's comments.

"If there are school issues from last year that weren't addressed over the summer, it's likely that they will become problems again this year," he says.

Dr. Whitehead also recommends that parents reintroduce school-year routines such as limiting



► Identifying bad habits early can help students have a more successful school year.

"Knowing what the challenges are, and getting help with these areas before they become issues, is a great way to avoid repeating bad habits." NICK WHITEHEAD

TV and computer time, setting bedtimes and wake up times, and using a fami-

ly wall calendar to keep track of chores and social activities. **NEWS CANADA**

News in brief

Seneca sets record for enrolment

GROWTH Seneca College reports it has hit its highest enrolment this fall in its 43-year history.

With a full-time student population of 20,945, Seneca has seen its enrolment grow 4.6 per cent over fall 2009, including over 2,600 international students.

● METRO

Ryerson plots India strategy

OUTREACH Ryerson University's Ted Rogers School of Management has set up an India strategy group to chalk out its plans for the South Asian country, which includes offering its world-class courses to Indian students and forging ties with Indian universities.

Although students of Indian origin account for about 10 per cent of undergraduate courses, there are not many from India, says the school's dean. There are, however, quite a few students from India in graduate programs. ● METRO

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4
sports

Sports news

Peter Delmas

The Halifax Mooseheads goaltender stopped 23 of 25 shots to lift the Hamilton Bulldogs to a 3-2 victory over the Binghamton Senators in American Hockey League pre-season play on Saturday in Grand Falls-Windsor, N.L. He is hoping to earn an NHL contract with the Montreal Canadiens.



Erik Glavic

The former Saint Mary's Huskies quarterback was on the Calgary Dinos' sideline for a fourth straight week with a knee injury on Saturday. But freshman signal-caller Eric Dzwilewski led them to their fourth straight win, 33-16, over the UBC Thunderbirds.



Scan code for sports

- Mooseheads improve to 3-6-1 after collecting three of four points on weekend
- Off until Friday, when they host the Montreal Juniors at 7 p.m.



► Mooseheads defenceman Simon Desmarais collides with P.E.I. Rocket forward Josh Currie during the first period of yesterday's QMJHL game at the Metro Centre. The Mooseheads knocked off the Rocket 6-1.

Mooseheads get just what they 'needed'



MATTHEW WUEST
@METRONEWS.CA

At long last, the floodgates opened for the Halifax Mooseheads.

In an outburst rarely seen at the Metro Centre in recent years, the Mooseheads completely manhandled the P.E.I. Rocket in a 6-1 home win before a crowd of 4,271 yesterday. It marked just the third time in almost three years the Mooseheads had won by a five-goal margin on home ice, and it helped the club shake off a four-game losing streak.

"There are no words to describe it," said 20-year-old defenceman Pascal Amyot, who was the first star after recording a goal and an assist. "It's our first win at home and it's huge for the fans to see us win this way. It's a great step in the right direction."

"It's our first win at home and it's huge for the fans to see us win this way. It's a great step in the right direction."

DEFENCEMAN PASCAL AMYOT

The kids continued to deliver for the Herd, with rookies Darcy Ashley, Matthew Boudreau and Simon Desmarais finding the net. Meanwhile, the veterans, who were sin-

gled out by Mooseheads head coach Cam Russell last week, bounced back strong.

Captain Travis Randall and over-agers Amyot and Charles Bety provided the

No words from Lavigne

P.E.I. Rocket head coach Eric Lavigne wasn't talking after his team was dismantled by the Halifax Mooseheads yesterday.

Lavigne stayed on the team bus despite inter-

view requests from Metro. One member of the team's staff said he "wasn't feeling well" and another said he was "in a bad mood."

League rules dictate that "win or lose, no player, coach or director may ... refuse to answer (journalists') questions."

P.E.I., 4-5, was expected to be a contender this season.

● METRO HALIFAX

rest of Halifax's goal-scoring.

"It was just what we needed," said Mooseheads centre Brent Andrews. "All the boys, from (age) 16 to 20, played a good game on the ice today and that's what we need to be successful."

Both teams had Saturday night off, but the Mooseheads showed incredible jump from the opening faceoff and never let up, finishing with a 39-25 edge in shots.

The Mooseheads, who also put up a great effort in Friday's 4-3 shootout loss to the Saint John Sea Dogs, are feeling good about things after collecting three of a possible four weekend points.

"That really shows us the potential we have," Amyot said. "If we play together, keep it simple, and stick to our game plan, we can beat any team."

Rushing game back in business for Huskies

The Saint Mary's Huskies went back to their bread and butter to finally break their goose-egg in the win column.

The Huskies, one of the country's top rushing teams the past few seasons, piled up a mind-boggling 454 yards on the ground along with three rushing touchdowns on Friday at Huskies Stadium as they trounced the Acadia Axemen 45-10.

In their three prior games, all losses, the Huskies had totalled just 239 rushing yards.

The all-star running-back tandem of Craig Leger (134 yards) and Devon Jones (109 yards and a touchdown) led the dominating effort.

The Huskies are tied with the St. Francis Xavier X-Men, also 1-3, for last in Atlantic University Sport.

● MATTHEW WUEST

Sports in brief

Marauders blank Mariners

HOCKEY. The Metro Marauders strengthened their hold on top spot in the Maritime Junior Hockey League with a 5-0 win over the Yarmouth Mariners yesterday at the Dartmouth Sportsplex.

Former Halifax Mooseheads forwards Andrew Wigginton and Bradley MacDonald were among the goal-scorers while Alex Newman recorded the shutout with 28 saves.

The Marauders have an 8-3 record.

Dal Tigers stay unbeaten

SOCCER. The Dalhousie Tigers are atop the Atlantic University Sport women's soccer standings after Saturday's 3-0 victory over the St. Francis Xavier X-Women.

The Tigers remain unbeaten with a 6-0-2 record, five points ahead of the P.E.I. Panthers.

● METRO HALIFAX

Cito rides off into sunset with a win

► Home runs keep coming as Blue Jays defeat Twins in Gaston's final game before retirement



The Blue Jays blasted a few more home runs as a send-off present for their retiring manager Cito Gaston.

Edwin Encarnacion and Adam Lind both went deep, adding to Toronto's major league-leading total, to lift Toronto to a 2-1 victory yesterday in the regular-season finale over the playoff-bound Twins.

"It was nice to see him win and ride off into the sunset," Lind said.

This was the last game for Gaston, who accepted a \$2,500 donation from the Twins on his behalf to the Blue Jays' charity fund.

Two of Gaston's former players who are also former Twins, Paul Molitor and Jack Morris, joined Twins manager Ron Gardenhire and Minnesota second baseman Orlando Hudson, himself a former Blue Jays player, at home plate to honour Gaston.

Gaston finished 211-201 in his second stint with the Blue Jays — no World Series titles, but a competi-

Twins vs. Yankees

► The Twins learned minutes after the game their first-round playoff opponent is the New York Yankees.

tive stint in arguably baseball's toughest division. He had a 913-851 regular-season record in 12 seasons, plus 18-16 in post-season play.

Toronto finished with eight wins in its last 10 games to reach 85-77.

"I really think the theme they came up with for this year — heart and hustle — has really been appropriate," Gaston said. "They never quit. We lost some tough ones this year."

Encarnacion finished with 21 homers this season, seven against the Twins and five in this four-game series. The Blue Jays went deep 10 times this weekend at Target Field, so far one of the hardest ballparks to hit one out of.

THE ASSOCIATED PRESS

257

The Blue Jays went deep 257 times this season, matching the 1996 Baltimore Orioles for the third-most in history. The 1997 Seattle Mariners hold the record, with 264 homers.



► Toronto manager Cito Gaston waves to fans yesterday as he leaves the field after the Blue Jays defeated the Minnesota Twins 2-1 in Minnesota.

Happy return to Philly for McNabb

17 12
REDSKINS EAGLES

Donovan McNabb heard cheers and the home team got all the boos.

McNabb threw for 125 yards and one touchdown, leading the Washington Redskins to a 17-12 victory over the Philadelphia Eagles yesterday in his first game against his former team.

Michael Vick was forced out in the first quarter with chest and rib injuries in his first start in front of the hometown crowd. Kevin Kolb, who was supposed to be McNabb's successor all along, replaced Vick after losing his starting job because he got hurt in Week 1.

So, the McNabb-Vick showdown turned into the McNabb-Kolb matchup everyone originally anticipated.

But this one didn't live up to the hype.

Washington had 169 yards rushing, including 55 by Clinton Portis before he left with a groin injury. Ryan Torain had 70 yards rushing and one TD. McNabb threw just 19 passes, completing eight and getting intercepted once.

The Redskins (2-2) snapped a two-game losing skid, improving to 2-0 in the NFC East. The Eagles (2-2) are winless at home.

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Scoreboard

Yesterday's NFL results:

Atlanta 16 San Francisco 14
Baltimore 17 Pittsburgh 14
Cleveland 23 Cincinnati 20
Denver 26 Tennessee 20
Green Bay 28 Detroit 26
Houston 31 Oakland 24
Jackson. 31 Indianapolis 28
New Orleans 16 Carolina 14
N.Y. Jets 38 Buffalo 14
San Diego 41 Arizona 10
St. Louis 20 Seattle 3
Chicago at N.Y. Giants

Loud cheer for Canada at Games ceremony

Decked out in white caps and flashing beaming smiles, Canadian athletes earned a loud cheer from the crowd when they marched during yesterday's opening ceremonies at the Commonwealth Games. Flag-bearer Ken Pereira led the Canadian team into the 60,000-seat Jawaharlal Nehru Stadium

120
Number of Canadian athletes who took part in the opening ceremonies, out of 260.

to the pulsating rhythms of traditional Indian drums and snake-charming wind instruments.

THE CANADIAN PRESS



Sports in brief

Europe leads at Ryder Cup

GOLF. Europe nearly pulled off a clean sweep at the Ryder Cup, surging into the lead by claiming all but a half-point in the last session of team matches. The Americans face a daunting 9½-6½ deficit after their dismal performance yesterday at soggy Celtic Manor. Tiger Woods took the worst loss of his Ryder Cup career,

Phil Mickelson became the U.S. player with the most losses ever, and the Europeans won five points and halved the other match.

Chelsea blanks Arsenal 2-0

SOCCER. Chelsea took a four-point lead atop the Premier League yesterday following a 2-0 win over Arsenal while Liverpool's terrible season reached a new low with a 2-1 home loss to Blackpool.

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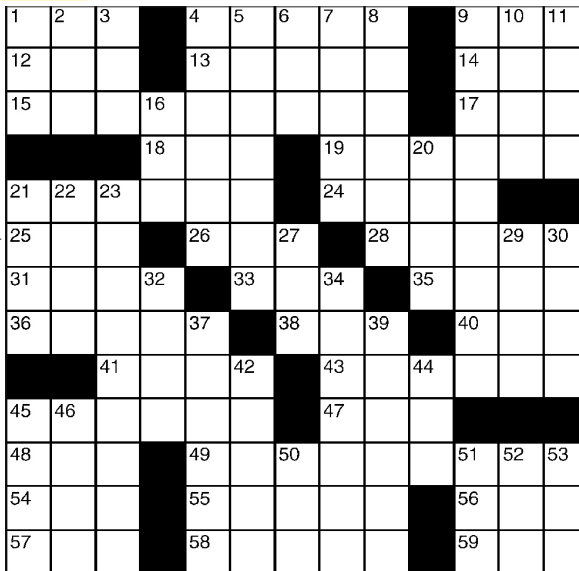
Crossword

Across

1 Spree
4 Tent peg
9 Hot tub
12 Eggs
13 "American Idol" alumnus Clay
14 Audiology subject
15 Piano style
17 Performance
18 Birthday statistic
19 Mickey Mouse's creator
21 Stuck
24 Sans siblings
25 Blackbird
26 Homer's interjection
28 Play your last card
31 Hostels
33 Watch chain
35 Ballerina's frill
36 Crazy folks
38 Deity
40 Apprehend
41 St. Louis NFL team
43 Chuckles
45 Tyrannical ruler
47 In need of repair
48 Ostrich's cousin
49 They're "worn" when handling something carefully
54 Parisian pal
55 Justice Kagan
56 Past
57 Unsavory rodent
58 Impressionist Edgar
59 Present

Down

1 Occupation
2 Actress Gardner
3 Talk on and on
4 Drooped
5 Fed up with
6 Alias (Abbr.)
7 Japanese form of fencing
8 Conclusion
9 "No Way Out" actress
10 Gait
11 Bohemian
16 Sweet potato
20 Coin aperture
21 "Monopoly" corner
22 Domini predecessor
23 Diamonds or clubs, in bridge
27 Glutton

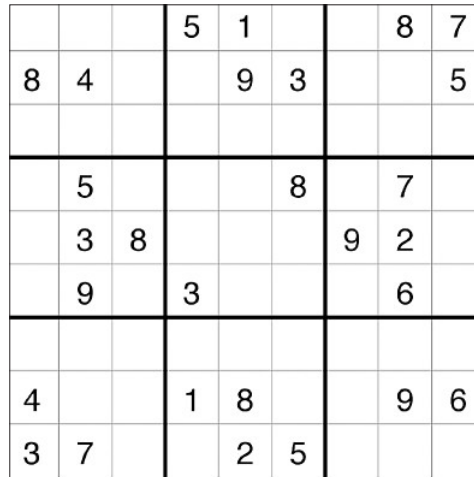


29 Great Salt Lake state
30 Vats
32 Break suddenly
34 Common lunch meat
37 Cured, as ham
39 Texas city
42 Steps over a fence
44 Japanese vegetable
45 Sweetie
46 Actress Thompson
50 B.A., for ex.
51 Moving vehicle
52 Id counterpart
53 Scatter seeds

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	8	2	3	9	5	7	1	6
5	9	1	2	7	6	3	4	8
6	3	7	4	8	1	9	2	5
2	1	6	8	3	7	4	5	9
9	7	4	1	5	2	8	6	3
3	5	8	9	6	4	2	7	1
7	2	3	6	1	8	5	9	4
1	4	9	5	2	3	6	8	7
8	6	5	7	4	9	1	3	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

TGK,
You're the best thing that's ever been mine. The last few months have been the best of my life. I think it's safe to say I love you! You're my beb, my TGK, my better half and my best friend. Thanks for always letting me goofy kiss you!

UNCONDITIONAL LOVE, YOUR TGP

I miss you so much. Now that it is getting cold, I think of the night I saved you. I froze to keep you warm with my jacket. I love you, more than you could imagine.

-SNOOPY

Pssstttt: Chris, mi amor. Mi lindo. Mi loru. Bebs, you are my everything. When I look into your eyes - I see forever :) There is no way I can sum up how I feel about you here. But I want everyone who is reading this to know that I LOVE YOU. Forever yours, ERIKA

Today's horoscope

♈ Aries March 21-April 20
Spend time with the people who mean most to you today, because some of them are under the impression that you have forgotten they exist!

♉ Taurus April 21-May 21 The pace of life will pick up quickly this coming week and you will be snowed under by opportunities and invitations. Be selective of what you take on.

♊ Gemini May 22-June 21 The approaching new moon promises that if you act quickly you will create something out of the ordinary, something you will be remembered for.

♋ Cancer June 22-July 22 You feel on top of the world and your energy levels are high, so

ask yourself: what can you do to make the world a better place? Help those around you as much as you can.

♌ Leo July 23-Aug. 23 Is life really so tough or is it more likely that your negative attitude is making everything look hard? Strive to be positive. Look to the future.

♍ Virgo Aug. 24-Sept. 22 Someone you meet today could become more than a friend, so keep your eyes and ears open and, above all, listen to the promptings of your heart. Don't be shy: if you meet someone you fancy be bold and make the first move.

♎ Libra Sept. 23-Oct. 23 You will be put to the test today

For today's crossword answers and for expanded horoscopes, go to metronews.ca

but, if you stay calm and tackle problems individually as they arise, you will pass the test with flying colours.

♏ Scorpio Oct. 24-Nov. 22 Something that once seemed so important to you won't mean anything after today. It's not often that your attitude changes to such a drastic extent but recent events have convinced you it is time to move on — and up.

♐ Sagittarius Nov. 23-Dec. 21 You need to have a clear idea of what it is you are aiming for, because without that idea your efforts will yield only limited results.

♑ Capricorn Dec. 22-Jan. 20 Quality counts in all areas of

life but especially in your work or career where you are judged most on what you create and on how much value you bring to the business.

♒ Aquarius Jan. 21-Feb. 18 You may be tempted to take it easy and enjoy yourself today but you should really be planning what you are going to do around the time of Thursday's new moon.

♓ Pisces Feb. 19-March 20 Money matters of one sort or another will be top of the agenda this coming week, especially if you have been rather careless about keeping track of where your cash has been going. A more disciplined approach is a must.

● SALLY BROMPTON

Caption contest



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CATLIN KNOWLES

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SUZY

SUZYSHIER.COM



**5 YEAR
WARRANTY**

**100,000 KM
COMPREHENSIVE LIMITED WARRANTY***

**FACTORY
AUTHORIZED**



CLEAR OUT

0% FOR UP TO 84 MONTHS[†] FINANCING

2010 ACCENT L 4DR



GLS model shown

OWN IT FOR ONLY

\$159[†] at **0%** with **\$0**

/Month

APR / 84 Mo.

Down payment

Dealer participation of \$500 included.



HIGHWAY
5.7L/100 KM - 50 MPG*

BEST-SELLING SUBCOMPACT IN CANADA[™]

2010 ELANTRA L



Limited model shown

OWN IT FOR ONLY

\$179[†] at **0%** with **\$0**

/Month

APR / 84 Mo.

Down payment

Dealer participation of \$500 included.



HIGHWAY
5.6L/100 KM - 50 MPG*

AWARD-WINNING COMPACT

2010 SANTA FE GL 2.4L 6-SPEED



Limited model shown

JUST ANNOUNCED

\$306[†] with **\$0** Down payment

/Mo. for 84 Mo.

INCLUDES **\$3,000ⁿ** IN CASH SAVINGS

BEST-SELLING IMPORT SUV IN CANADA[™]

2010 VERACRUZ



Limited model shown

JUST ANNOUNCED

1.9% FOR 60 PLUS GET **\$5,000ⁿ**

FINANCING

/Mo.[†]

IN CASH SAVINGS

7-PASSENGER LUXURY CROSSOVER

SMART LEASE OFFERS ALSO AVAILABLE
Delivery & Destination are included in all prices.

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*The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Accent L 4-Dr 6-speed/2010 Elantra L 6-speed/2010 Santa Fe GL 2.4L 6-speed with an annual finance rate of 0.9%/0.99% for 84/96 months. Monthly payments are \$159/\$179/\$306. No down payment is required. Dealer participation of \$500/\$500 for 2010 Accent L 4-Dr 6-speed/2010 Elantra L 6-speed is included. Finance offers include Delivery and Destination of \$1,435/\$1,435/\$1,793. Excludes taxes, license fees and all applicable taxes are excluded. ‡Dealer admin fees and a full tank of gas. Financing example: 2010 Accent L 4-Dr 6-speed for \$13,294 at 2.4% APR. Cash price is \$13,294. Cash price is \$13,294. Example price includes Delivery and Destination of \$1,435. Registration, insurance, PPSA and license fees are excluded. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. May be required, assessed on the August 2010 AIAAC report. Also, your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.